

## Transcript of QHHT session with Jacqueline Topakian - 26.02.2020

MG: I see the whole world in front of me and it's a play between the clouds shedding shadows and then light in between and seeing the rays of light passing. It's completely calm and serene.

JT: Are you alone there?

MG: At first yes but now I feel like there is a building that's not really a building some other place, it's not just nature.

JT: Look at the building. Is it a building that you know? How does the building look?

MG: It reminds me of a monastery of a temple but it's not really that.

JT: It's monastery like but it's not that.

MG: Yes.

JT: Look at yourself, look at your feet, how are you dressed?

MG: I'm a Buddhist monk, my red robes, my shaved head, I'm a male. I feel very innocent.

JT: Are you young or old?

MG: Yes and no, my body is young but I don't feel young and I have this purity of youngness.

JT: Beautiful. Is this the temple, the building, where you are going to?

MG: Yes.

JT: Would you mind taking me there? Let's go there.

MG: I'm in the courtyard. There's a huge gong, a very big golden gong in the shape of a circle and it's very important there. It feels like when you do the gong up there, it vibrates on the whole earth. It goes into every corner of the earth, it spreads everywhere. That's what I am actually doing.

JT: Are you the one that beats the gong?

MG: Yes.

JT: Just trust your impression and tell me what's happening

MG: When I am doing the gong, me and the gong we are somehow one because it is vibrating everywhere and I am vibrating too but there is no difference between the gong and me, though I initiate it.

JT: So you're feeling you're part of it and it is part of you.

MG: Yes.

JT: Stay still in the scene, what else do you notice? What else is happening?

MG: It feels like the vibration is not only a vibration, it's also a sound and wherever it goes, it changes things. It's like it's increasing the vibration or the purity.

JT: Stay with the gong and tell me, what do you do before you just hit the gong? Is there anything you do yourself?

MG: I am fully present and I can feel it before I am supposed to hit it. When I feel it's the right moment, I do it.

JT: Is there anything else happening in the scene? Look around you, are there other people?

MG: Yes, but they are all running around minding their own business.

JT: Stay with me and guide me wherever you want in this temple

MG: It's not relevant. The gong is relevant and the vibration it does, because wherever it touches, it's not only increasing vibration but it's changing the reality. It's like a wave going over the earth and changing things.

JT: Changing the earth's vibration?

MG: You cannot see it so much, everything looks brighter and more colourful but you can feel it, it's changing it from the inside out. And the vibration is love.

JT: Do you set an intent before you send the vibration?

MG: I don't need to do it.

JT: Do you represent that intention?

MG: Yes, and it's beautiful to see all this love (crying).

JT: Tell me more about the vibration on earth.

MG: It touches the nature everywhere but also the people. It's like it's activating their heart or something in them so that they realize they are something much bigger than they think they are.

JT: Is that how they react to that vibration at that point? Does it also clean the waters?

MG: It can clean anything but it doesn't feel like healing more like putting everything in its right place.

JT: Are there other big gongs as powerful as this one?

MG: Yes, it feels connected to the chakras of the earth and it feels like Mount Kailash. All are relevant but this vibration is something different, it's so powerful.

JT: So if this vibration can change the perception and chemistry of all, how can you use it today with whatever is happening? How can we use it in an appropriate manner?

MG: It's the intention and the purity of heart that does it.

JT: Are you trying to tell me that this vibration is in every living being?

MG: Yes and the gong is a way to activate it.

JT: To awaken it, is that what you mean?

MG: Yes.

JT: Can you describe to me what happens when you beat the gong? What do you feel you yourself inside?

MG: It's like ripping reality but not in a destructive way. It's like cutting reality or the non-real part, the artificial part out of it and bringing out the pureness, the state of oneness.

JT: Very beautiful. Ok. Do you think there is anything else relevant in this scene before we move onto another scene? Is there anything else you want to share about what is happening in this scene?

MG: It was to see it and to feel the power of it. It's also the vibration we sometimes hear in our ears.

JT: That drumming, rumbling sound?

MG: Yes.

JT: It's the vibration that increases the vibration in each and everybody?

MG: Yes.

JT: Ok, that makes sense.



JT: I'm going to count now from one to three and at the count of three I want you to move to another scene where something very important is happening. 1, 2 and 3, we are there now. Where are you?

MG: *(crying)* I'm on a ship.

JT: On a ship, describe it to me.

MG: I missed it so much, it's so nice to be there.

JT: Just stay there and when you are ready, tell me what you are seeing.

MG: It feels like family.

JT: It feels like being home I imagine.

MG: Yes. We are light blue beings and everything feels so right, no disturbance in frequency, no lower vibration.

JT: Just stay in this energy, just bathe in this energy, this is what you've been wanting for a long time. Nobody is taking you away from this place, you are staying here. Just allow them to approach you, to surround you, and to send you all the love.

MG: I feel so much love and support and they are congratulating me for all my courage.

JT: That's beautiful, go on, and just allow them to express themselves.

MG: It's like a family reunion; we are all in a big circle.

JT: Where are you?

MG: I am part of the circle.

JT: Look at your body, are you like them, are you a blue being?

MG: Yes and I have a white dress and Vincent *(my son)* is also there.

JT: Tell me what's happening.

MG: We are looking into each other's eyes and when we do that we see everything.

JT: When you say everything, what is it? Emotions? Thoughts?

MG: Everything there is somehow.

JT: Are you meaning like a telepathic communication?

MG: Yes.

JT: Through the eyes.

MG: Yes, no needs for words or anything like that and when I see all these eyes I see my eyes, I see we are all one and I still feel some sense of individuality but it's not really individuality.

JT: You feel that you are one with them.

MG: Yes, and there is especially one woman that is looking at me with so much love.

JT: That's very beautiful. Ask her to show you how she appears in your life when you are back on the earth plane, how she would want you to remember her on the earth plane, in the form of a bird or an animal?

MG: Through the expansion in my heart.

JT: That's what brings you in contact, in communion with her?

MG: Yes.

JT: Stay in her energy. Who would that be energetically for you?

MG: It's not a mother, it feels like we are one, somehow sister like but not sisters. There is so much love and trust and a feeling of at home. I'm not so sure that she is actually different to me

JT: Is this a part of you? Is this a part of you that is there?

MG: Yes (*crying*).

JT: Yes, it is you, this is you, a part of your consciousness. You are a multidimensional being. This is one of the many dimensions you're in and you are greeting yourself. Allow the love to flow in, allow this experience to sink in and to be anchored. This is a part of you. You are always in contact. Ask her if she is a part that is in contact with you when you are on the earth plane.

MG: I feel so whole, it's like there is no more fragmentation of anything.

JT: So this is a united part of you not a fragmented part.

MG: Yes.

JT: This is a beautiful present to be here right now. Ask them to show you around.

MG: It feels so good to be in that vibration.

JT: Stay in there

MG: We are just above earth and there are so many ships.

JT: Are they ships or motherships?

MG: Both.

JT: Can you please describe them to me. Are they big?

MG: Some of them are very big, like this one and it's, I try to find a name for a colour but it's difficult, it's white inside but when you want to see the earth, it just becomes transparent below and you can see everything.

JT: So it reacts to your wishes, to your thoughts?

MG: Yes, and the others... It feels like it's the only one with this energy, the others have other colours, other energies that are needed. It's like some, I have the feeling now of a green one, that is responsible for redoing nature but mine is somehow consciousness itself. We can also pour our light from here down onto earth and when it comes from my ship it is blue and white.

JT: Blue and white colours, these are your colours, your favourite colours aren't they?

MG: Yes, it's like light codes raining down onto earth and when it touches the earth it changes it.

JT: Look at the light codes. Do you notice anything about the light codes? Do they come with a symbol, vibrations?

MG: They are symbols.

JT: What do they remind you of?

MG: I see them more and more often these days. It's a very soft writing, it's very round and there are dots on places sometimes.

JT: Do these writings have a vibration of themselves?

MG: Yes and no.

JT: Do they feel alive?

MG: Yes, but it's like their vibration is neutral and we activate them with our intention.

JT: And then you send them to specific places?  
*(While I am writing these lines, my ears are starting ringing again)*

MG: Yes, wherever it's needed but basically trying to cover earth with it.

JT: Are you there now above earth?

MG: Yes.

JT: Are you one of the motherships that I saw a few weeks ago?

MG: Yes.

JT: So what is your activity right now?

MG: We are overwriting the old programs with these codes. It's like the old programs are, it's not that they are wrong, they served their purpose, but they need to be overwritten, not so much overwritten, or yes, transformed, and with these light codes we transform it.

JT: Where specifically are you sending these light codes?

MG: It's actually like a grid, I see the flower of life over the whole planet now and it's just rain that goes down and once we add the intention, they then know what they are supposed to do. It's like we give them the intention but they then do their work.

JT: It's like a translation?

MG: Yes.

JT: And they need to convert it? They need to convert the vibration they are receiving from you.

MG: Yes.

JT: Why are there so many ships above the earth?

MG: *(crying)* These are such exciting times. There is so much beauty coming.

JT: Tell me more about it. Humanity is seeing catastrophe with everything that is happening, the pandemics, nature, climate, the economy. What would you tell humanity about these beautiful changes that are coming onto earth? How would you describe it?

MG: This is just a transition now, because for the old to stop it needs to be deconstructed. And if there was another way to do it, we would have done it, but it doesn't work otherwise. For the new to take place the old needs to leave first. *(smiling)* But once this transition is over, everybody will finally realize what and who they are.

JT: So we are in the beginning of a deconstruction phase?

MG: We are not in the beginning.

JT: We are in the middle, at the end?

MG: Towards the end.

JT: So we are just shedding the last layers, is this it?

MG: Yes.

JT: People keep talking about the end of the world. Is this how the end of the world feels like, the shedding of the last layers?

MG: Yes and no. Yes it's the end of the old but it's not gloom and dark, it's just a preparation.

JT: The end of the old world.

MG: Yes.

JT: Beautiful.  
Does that mean that many souls are going to depart?

MG: Also, if that is what they wish to do, yes.

JT: Why do they wish to go? Because they don't want to be part of it? Are they too scared? Or is it part of shedding the layers?

MG: *(pauses)* It's difficult to say, there are so many variables. Some still keep hold of the old and in order to be ready for the new, they need to leave now. For some it might be too much and they confuse what's happening to them with darkness.

JT: Tell me more about this confusion, this confusing of darkness. How is it perceived from your perception? How is this darkness perceived from your perspective?

MG: It's just separation; it's not darkness as such.

JT: What would you tell humanity about this situation that they perceive as darkness? How would you explain that in simple terms to them?

MG: We are all one and this is happening for us to realize that. Separation is just an illusion and this illusion is falling away now.

JT: What happens to those who cannot align to this belief of oneness? What happens to the people who insist on staying in this state of illusion?

MG: They will be brought to a place where they can learn more about it as it won't be possible to do that anymore on earth.

JT: So they will be taken somewhere else?

MG: Yes.

JT: These ships that you are describing over the planet earth, are they from different dimensions as well?

MG: They are from different dimensions, they have different frequencies and every ship has something to bring.

JT: Are they assisting the planet here right now?

MG: Yes.

JT: So these are very important times in which we are living.

MG: *(smiling)* Oh, yes.

JT: I am feeling the vibration here, it is extremely powerful.

MG: Yes.

JT: No words can describe it, no words.

MG: We will be slowly getting to a point eventually where words will become obsolete. *(smiling)* Communication will be so much easier.



JT: What else do we need to know here on this planet right now? What else does humanity need to understand?

MG: It's easy to say that from that perspective but it's not to be afraid. We all understand how much fear people have but it's all perfect as it is.

JT: It's all perfect as it is? Humanity is right now in a mass collective uncertainty, a global uncertainty, feeling stuck, being afraid. It is as if everything humanity knew is falling apart.

MG: Because it is, the way humanity knew it.

JT: So it is part of this cleaning up, the changing, the new world that is coming?

MG: It's not so much a new world but it's the unnatural, artificial layers that are being taken away.

JT: Like the illusion you mean?

MG: Yes, and this is what people are so afraid of because they don't understand it. If they stay in their heart as much as possible, then it's going to be easier for them.

JT: So they should allow shedding all this illusion?

MG: Yes.

JT: And this is going to be quite something?

MG: *(smiling)* Yes.



JT: So what is Melanie Gilbert's role in all of this? I understand she is not from here.

MG: No.

JT: Well we knew that. So what's her role? How can she participate, assist and be in service?

MG: She is a transmuter of consciousness and it's still difficult for her to do it now because the third density is still strong and it's difficult for her being, to be able to communicate in third density but her role will become more and more important when the transition is nearly at its end.

JT: Melanie feels that something is changing; she cannot stay in her current office, in her current position anymore. She is feeling sick, her back, her body is hurting, she took sick leave and she knows that a big change is imminent. What is it you would tell her right now? What is it she should know?

MG: Even if she doesn't always believe it, she has been closely guided all her life and she has absolutely nothing to worry about. We understand that it's very intense for her now.

JT: She feels imprisoned in her analytical 3D belief world and she is struggling. How can she find the right balance between the two worlds?

MG: It's so difficult for her because she operates so strongly in both and when she stays too long in the third density it's like she is being sucked into it.

JT: Would it be like jumping from one foot to the other, would this be a nice way to show her?

MG: Yes.

JT: She is in the 3D world as a woman, as a brilliant woman, with both hemispheres very much enhanced, so obviously she needs to do something here and she is here for a reason. Melanie wants to have more explanation, so please give her a little glimpse of what she can do, how she can involve her gifts, her capacities, her connection.

MG: She can do anything, she has this great capacity to touch the hearts of people but in order to be able to do that, she also needs to be deeply connected with herself. She has had phases like that but we wish for her to stabilize it now completely and what you discussed with her today, changed a lot in her, it really cleared things up for her and she is supposed to share herself more but she doesn't need to do it from a personal perspective. She is always afraid of bringing Ego in somewhere.

JT: But she is egoless.

MG: Yes.

JT: Can we hold the ego like a little puppy on the leash in case she needs it?

MG: Her ego is working perfectly in the background and doing everything it needs to do. It's more the idea of the ego from others that is confusing her about her own ego.

JT: So it's not her ego but the perception of other people who perceive her as different. Well we know Melanie is different, she is not totally human. Melanie can be perceived as strong with powerful skills. Does she need to make peace with her skills and her gifts?

MG: She just needs to start and it will come.

JT: Today we tasted that she channelled for about 5-10 minutes.

MG: That's perfect for her.

JT: She is so comfortable in doing that.

MG: Yes and it is one of her many gifts.

JT: Is this something she could start with?

MG: Yes, absolutely.

JT: So I am going to touch her should to anchor this message for her from her light family. Is it ok if we call you light family or would you like to be called differently?

MG: *(smiling)* It's ok, it's just a name.

JT: Are there more people like Melanie with this vibration on earth?

MG: It's difficult to say, because the time for that vibration is not completely ready yet, because people still don't understand it. It's like now they need to take care of the basics and build it up from there and that's where she comes into play.

JT: I don't know why but I have the impression that Melanie deep inside communicates with light language. Is this something that we can ponder, that we can discuss now?

MG: Yes, but she doesn't need to do it actively, it's not relevant for her to speak the words.

JT: She does it with the vibration itself?

MG: Yes.

JT: What about Vincent, who is Vincent?

MG: He is not only her son in this life. It's like he's a part of her and she is also here to prepare him for his work here. We are from the same race and she's been a very good mother to him even if she doubts it sometimes.

JT: How can she assist her husband in these changing times?

MG: Give him his time to wake up. He is starting to feel it but because she has so much energy of it, it's like he is being oversaturated at times with her energy, it's like it's too much for him.

JT: Can she do something? Or should she just give him his time and space?

MG: Give him time and space and not force any views upon him, do not try to wake him up forcefully. He is a very good man and he loves her.

JT: What can you tell us about these so called lost souls or the souls that remain on the astral level, who feel imprisoned and who are not able to go back home.

MG: Eventually everyone will go home but these souls now, they are still holding on onto their pain and that is why they are stuck there. And what these souls need is unconditional love from others for them to then realize that they can also love themselves unconditionally and this will set them free.

JT: Is this also relevant for living beings, who are stuck and holding onto their pain or their ancestral pain?

MG: Absolutely.

JT: All they need is to be loved unconditionally.

MG: Yes, this is the catalyst because once they feel that they can then find it in themselves but if they don't know where it is or how it feels they mistake it for something else.

JT: I was wondering what do we do with Melanie's back then?

MG: Nothing needs to be done. Those are her alarm signals and she has learned to listen to them.

JT: But it's painful.

MG: It will go away.

JT: It is a way to communicate with her when things need to change then?

MG: Yes.

JT: Melanie would love to be able to be in alignment with you all the time or most of the time. What would you tell her about this? Can it be done?

MG: In her core she is always aligned, it's just her realization of it that is lacking.

JT: In her core she is always aligned.

MG: She has a very pure heart.

JT: Melanie's mother who needed to go back when she was 8, is she one of them?

MG: No.

JT: Was it planned so that she grows up?

MG: Yes.

JT: What else should Melanie know about her life now?

MG: Everything that has come has prepared her to be able to really feel it in her core and when she manages to connect with her core and to be aligned with that, everything is in flow, but she already knows that. It's not that she is forgetting it but she cannot always connect with it, because it's not enough to connect on a mental or emotional level. Your whole being needs to connect.

JT: Melanie needs to know concrete answers about what to do and how to start serving. She is in a physical body and physical beings love to have concrete blue prints to know where they are heading. What would you tell her about this?

MG: It would be a good time for her to start now. Doing it in a transition period like you discussed before that was a very good plan.

JT: I understand you have been trying to push her in that direction for a long time now.

MG: Yes, but she has a bit of a nature all or nothing and it doesn't need to be that. She can do a bit of that and a bit of that.

JT: Is there anything else she should pay attention to, maybe diet, meditation or any practices that would help her stay aligned?

MG: To continue what she is doing is fine. It's just to overcome her fear of not doing it right or getting it wrong. When she needs help it's coming anyway and when she is in a situation where she doesn't know what to say, we will help her and we can speak through her always.

JT: When Melanie came into the ship, she had tears of joy. Has she been in that ship before?

MG: Yes.

JT: Has she been travelling as well at night or as a child?

MG: Yes.

JT: So this was not new, she just missed it

MG: Yes.

JT: Because we are here, can you take Melanie to a special place, and can you give her a gift for all that she has done, something special that she could cherish?

MG: I'm taking her to one of the rooms of the ship where there is a big pillar of light and from it I take out a light code and I give it to her, so that she can always feel the connection to the mothership even when it gets very dark so she knows and she doesn't forget, her whole being can remember. It's like a necklace that she can put around herself that's covering the part where she has the hole on her neck.

JT: Yes, I noticed that hole. Is this where you are keeping it?

MG: Yes.

JT: I thought so. That is a very, very beautiful gift that she is receiving now.

MG: And one thing that is important for her to remember is that she would like to have one final version of herself but this won't happen. She thinks that she needs to be a specific version to be able to do all of that she is doing but it's not that. It's the situation that will bring out the version of her that needs to be brought out never mind which form it takes.

JT: Is she speaking about a physical version?

MG: About how her mind operates. She can use her mind in many different ways and she does it already when she speaks with people. She usually goes to the frequency of the people but what she can do differently, is take the people to her frequency.

JT: I understand. So no need to have one model but just go with the wave, move with the frequency of the person and bring the person to your frequency?

MG: Yes.

JT: It's just all about vibration in the end?

MG: Absolutely.

JT: Today Melanie saw you as beings. Are you appearing to her as solid beings or energy beings?

MG: The way we appear to her is that she feels us in her body but she still struggles to understand her body.

JT: Because she is a consciousness from that energy, that dimension she has a hard time being in the density of that body. Is that what you are trying to say?

MG: Yes, also.

JT: Today we discussed balancing the female and male aspect in a human being and when she was sharing a story she was absolutely radiant, I had goose bumps. Is this something she can include in her work?

MG: She can if she wants to, that's an important topic for many people still. But that's the thing, she wants to have one main thing in order to represent herself but she doesn't need that.

JT: So Melanie wants a map with four bullet points but she is everything, she is multidimensional.

MG: That's the thing she wants to have one label put onto her.

JT: That's the human side of Melanie, just like when you apply for a job, you need to do a,b,c,d,e,f,g and you are there paid to do that. You are not supposed to do anything outside those bullet points. But now in that vibration, being multidimensional, she can shift her vibration at any moment, in any situation.

MG: Absolutely and with it she'll have the necessary answers for the people.

JT: Going back to her back, should she do something or is it something that will just go away with more understanding about her situation?

MG: She doesn't need to do anything; it's going to go away. She will probably not feel it anymore after this.

JT: Is there something that Melanie will do for the rest of her life?

MG: Be of service to increase the consciousness but it can take many forms. She doesn't need to box herself anymore into any frame of any kind.

JT: She can shapeshift into any position, any place, any language.

MG: Yes.

JT: So she found her element finally, this is her element. How beautiful!

MG: Yes.

JT: I am sure she is very grateful for the pillar of light and the light codes she received. Is there anything else that we should know? Anything relevant that we should know now about what is happening on Earth at the moment? Let's say about that virus that has started spreading from the city Wuhan in China and they are making such a big story out of it. Is this real?

MG: The infection is still an infection but the whole story is not real. Nothing is real now; it's just bringing out the last bits of darkness that are still stuck.

JT: So are we talking about two different timelines here? The timeline of those that are feeling in terror and emptying supermarket shelves and living in fear behind doors and those who do not believe in it. Are these the two different timelines?

MG: There are many different timelines but it's all collapsing now.

JT: And it's collapsing for a higher good?

MG: It is time.

JT: And what about the animals? How are they reacting to these big changes? Are they feeling this major changes happening?

MG: Yes, but it's simpler for them because their consciousness is not so complex yet. So they basically just go with whatever comes. However humans have the tendency to hold on to and not hold on to, making things more complicated than they need to be.

JT: What is the biggest obstacle that is preventing the collective to awaken?

MG: Lack of love and looking for love somewhere else.

JT: Looking outside themselves you mean?

MG: Exactly.



JT: So what is it that you admire about Melanie Gilbert as the physical Melanie Gilbert? What would you like to tell her?

MG: She's been through a lot and we are very proud of her of how she made it through and how with every time, every lesson had worked for her, it opened up her heart more and more and that in the face of pain she can open up her heart like that. And that even if she feels lost, she always finds her way back.

JT: That's a beautiful message she just received.  
When I do sessions, I see several beings, blue beings, green beings, beings that do not look like beings at all. What are angels compared to these beings? They have been talking about angels for thousands of years. What are they compared to this energy beings? Are they different? Are they them? Are they beings of light?

MG: Yes, they are beings of light and they have taken many forms as well. The angel form is one, if you like to call it type of incarnation, they have chosen. And as they are one form there are many other forms.

JT: So they are conscious beings after all?

MG: Yes.

JT: Being in service like everyone else.

MG: Yes.  
We discussed all we needed to discuss today. This was a very important day for Melanie and it will open up many things for her for the future and she should continue as she does, always listen to her heart, it will guide her.

JT: Thank you, thank you so much.